



MY GOAL

SOCIAL MEDIA FAST

A challenge to put social media back in its rightful place with your choice of fast.

SUGGESTED GOAL PAIRINGS: Self Care - Read a Positive Book - Daily Meditation

PROGRESS: Select your desired social media fast, then for each week you are successful color in the box.

SOCIAL MEDIA FAST

MY SOCIAL MEDIA FAST COMMITMENT:

- | | | |
|--------------------------------------------------|---------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> 1 Week Off Social Media | <input type="checkbox"/> No Social Media @ Work | <input type="checkbox"/> Unplug @ 7 pm |
| <input type="checkbox"/> Only 30 Minutes Per Day | <input type="checkbox"/> 30 Days Off Social Media | <input type="checkbox"/> Weekends Off |

WEEK 1

WEEK 2

WEEK 3

WEEK 4